

What is claimed is:

1. A steel sheet with excellent bendability comprising:

C : from 0.06 mass% to 0.25 mass%;
at least one of Si and Al : total 0.5-3 mass%;
Mn : from 0.5 mass% to 3 mass%;
P : no more than 0.15 mass% (excluding 0 mass%); and
S : no more than 0.02 mass% (excluding 0 mass%),
wherein the main structure of said steel sheet comprises
retained austenite of 5-30 area% and ferrite of no less
than 50 area%,
and wherein there exist no more than 40 carbide grains per
 μm^2 in said steel sheet.
2. The steel sheet as defined in Claim 1, further comprising at least one member selected from the group consisting of:

Mo : no more than 1 mass% (excluding 0 mass%);
Ni : no more than 0.5 mass% (excluding 0 mass%); and
Cu : no more than 0.5 mass% (excluding 0 mass%).
3. The steel sheet as defined in Claim 1, further comprising at least one of Ca of no more than 0.003 mass% (excluding 0 mass%) and rare earth element of no more than 0.003 mass% (excluding 0 mass%).
4. The steel sheet as defined in Claim 1, wherein the main structure of said steel sheet comprises retained austenite

of 5-20 area%.

5. The steel sheet as defined in Claim 1, wherein there exist no more than 30 carbide grains per 2000 μm^2 in said steel sheet.